



Staying healthy and well is all about feeling good and being physically able to do the things you want to do. It sounds easy, but it is not always possible. Someone with the sniffles may cough in our direction, or we may fall accidentally and skin our knee. Some things simply cannot be prevented, but there are some simple steps that we can take.

1. Keep Clean—Most common illnesses like colds and the flu are spread by person-to-person contact. To get the flu, you must be in close contact with someone that has the flu. The virus that has invaded their body to make them sick must get into your body before it can make you ill. You can't prevent them from coughing on you, but you can wash your hands and avoid touching your mouth, your nose, or your eyes.

You should wash your hands for at least 20 seconds with soap and water each time that you play outside, cough or sneeze, play with pets, or go to the bathroom. You should also wash your hands before you eat.

Keeping clean also means brushing your teeth for two minutes at least two times a day. Brushing your teeth will keep your teeth white and your smile bright.

2. Eat Right—Eating the right things will ensure that your body will have all the nutrients it needs to grow healthy and strong. It also helps you to fight off any illnesses or infections. Eating the right things can make a big difference in the way that you look and in the way that you feel.

3. Exercise—Whether you choose to play baseball, go swimming, run around the block, or fly a kite, it is important that you do some exercise every day. Exercising helps you to build a healthy body with strong bones and muscles that will be able to get you where you want to go.

4. Protect Your Skin—Sunscreens help protect our skin from the harmful ultraviolet light from the sun. Using a sunscreen with a rating of SPF 15 or greater is recommended for any outside

activity to guard against sunburn and help prevent skin cancer.

Staying healthy and well is a full-time job, but you are up to the task. Just remember to keep clean, eat right, exercise and use sunscreen to help you stay healthy and well for a lifetime.



"This year's National Chemistry Week focus on making healthy choices and being active will allow lots of people to live longer, healthier lives. But sometimes, the miracles of science have to step in and help out. By combining the benefits of prevention (eating well, exercising, and of course, not smoking) with the promise of scientific discovery we can ensure a healthier tomorrow for all of us."

—Vice Admiral Richard H. Carmona,
M.D., M.P.H., F.A.C.S.,
Surgeon General,
United States of America

